

Baguettes		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
			Avo, Olives & Roasted Tomatoes Baguette	✓	✓	✗				WHEAT, RYE, BARLEY, OATS						✗	
Chicken Caesar Baguette			✗	✗	✗		WHEAT, RYE, BARLEY, OATS		✗			✗	✗		✗		
Chicken Salad Baguette			✗	✗	✗		WHEAT		✗			✗	✗				
Free Range Egg Mayo & Roasted Tomatoes Baguette	✓		✗		✗		WHEAT		✗			✗	✗				
Pole & Line Caught Tuna Mayo & Cucumber Baguette			✗		✗		WHEAT		✗			✗	✗		✗		
Posh Cheddar & Pickle Baguette	✓		✗	✗	✗		WHEAT, RYE, BARLEY, OATS		✗			✗	✗				
Smoked Salmon & Free-Range Egg Mayo Baguette			✗		✗		WHEAT		✗			✗	✗				
Smoked Salmon, Soft Cheese & Dill Baguette			✗	✗			WHEAT, RYE, BARLEY, OATS								✗		
Truffle Egg Mayo Baguette	✓				✗		WHEAT		✗			✗					
Italian Beef Baguette				✗	✗		WHEAT		✗			✗					

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Pret Snacks

Suitable for

11th May 2022 V1

Product	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Pret A Mango	✓	✓														
Burts - Sea Salted	✓	✓														
Burts - Mature Cheddar	✓															
Burts - Sweet Chilli	✓	✓														
HUNTERS-Salt and black pepper	✓	✓					✓									

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Cold Drinks

11th May 2022 V1

Product	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Coconut Water	✓	✓														
Easy Green	✓										✓					
Essential Green	✓	✓									✓					
Essentially - Nourish Me	✓	✓														
Essentially - Hit Me	✓	✓									✓					
Essentially - Wake Me	✓	✓														
Nai's Jasmine White Tea	✓	✓														
Nai's Hibiscus Flower Tea	✓	✓														
Nai's Moroccan Mint Tea	✓	✓														
Nai's Ginger Green Tea	✓	✓														
Orange Juice - Cold Pressed	✓															
Pineapple Powwow	✓															
Pink Lemonaid	✓	✓														
Blue Lemonaid	✓	✓														
Black Lemonaid	✓	✓														
Pepsi	✓	✓														
Pepsi Light	✓	✓														
Pomegranate Juice - Cold Pressed	✓	✓														
Root Reboot																
San Pellegrino	✓	✓														
Sunny Dayz																
Aqua Morelli Still Water 500ml	✓	✓														
Aqua Morelli Still Water 1L	✓	✓														

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**Barista Prepared Drinks**

Suitable for

11 May 2022 V1

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
<b>Hot Chocolate</b>																
Hot Chocolate	✓			∨												
Hot Chocolate with Oat	✓	✓														
Hot Chocolate with Rice-Coconut	✓	✓														
Hot Chocolate (Soya)	✓	✓							∨							
<b>Syrups</b>																
Caramel Shot	✓	✓														
Vanilla Shot	✓	✓														
Date Shot	✓	✓														
<b>Smoothies</b>																
Berry Blast	✓	✓														
Strawberry & Banana Smoothie	✓	✓														
Mango & Pineapple Fruit	✓	✓														
<b>Frappés</b>																
Chocolate Frappe	✓			∨												
Classic Frappe	✓			∨												
<b>Iced Drinks</b>																
Iced Black Americano	✓	✓														
Iced Coconut Latte	✓															
Iced Chai Latte	✓			∨												
Iced Mocha	✓			∨												
Iced Chocolate	✓			∨												
Iced White Americano	✓			∨												
Iced Latte	✓			∨												
<b>Powder</b>																
Brown Sugar	✓	✓														

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**Breakfast**

Suitable for

11th May 2022 v1

Product	Vegetarians	Vegans	Contains these allergens													
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Almond Croissant	✓			✓	✓		WHEAT								ALMOND	
Banana & Honey Breakfast Bowl	✓			✓			OAT								CASHEW, PECAN	
Bircher Muesli	✓			✓			OAT								PISTACHIO, CASHEW, PECAN	
Berry Yoghurt Parfait	✓			✓			OAT								CASHEW, PECAN	
Fresh Fruit Yoghurt and Granola	✓			✓			OAT								CASHEW, PECAN	
Sunshine Parfait	✓			✓												
Very Berry Croissant	✓	✓					WHEAT									
Chocolate Croissant	✓			✓	✓		WHEAT		✓							
Zataar Croissant	✓		✓	✓	✓		WHEAT		✓		✓	✓			ALMOND, WALNUT	
Five Berry Breakfast Bowl	✓			✓			OAT								CASHEW, PECAN	
French Butter Croissant	✓			✓	✓		WHEAT									

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**Breakfast**

Suitable for

11th May 2022 v1

Product	Vegetarians	Vegans	Contains these allergens												
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish
Mozzarella & Tomato Croissant	✓			✗	✗		WHEAT								
Pain au Raisin	✓			✗	✗		WHEAT		✗						
Pret's Veggie Brioche	✓			✗	✗		WHEAT								
Turkey Bacon & Egg Brioche				✗	✗		WHEAT								
Chicken Sausage and Egg Brioche				✗	✗		WHEAT								

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Fruit		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Banana	✓	✓														
Apple	✓	✓														
Mango & Lime	✓															
Superfruit Salad	✓	✓														
Melon Pot	✓	✓														
Pomegranate Pot	✓	✓														

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Sandwiches		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Chicken Avocado				✓	✓		WHEAT, BARLEY		✓			✓	✓
Cracking Egg Salad	✓				✓		WHEAT, BARLEY		✓			✓	✓			
Wild Crayfish & Rocket					✓		WHEAT, BARLEY		✓			✓	✓	✓		
Mature Cheddar & Pret Pickle	✓			✓	✓		WHEAT, BARLEY		✓			✓	✓			
Smoked Salmon				✓			WHEAT, BARLEY								✓	
Summer Chicken				✓	✓		WHEAT, BARLEY		✓			✓	✓			PINENUTS
Pret's multigrain open sandwich - Salmon & Soft Cheese				✓			GF OAT								✓	
Pole & Line Caught Tuna & Rocket					✓		WHEAT, BARLEY		✓			✓	✓		✓	
Pret's multigrain open sandwich - Smashed Avo	✓	✓					GF OAT									
Veggie New Yorker	✓		✓	✓	✓		WHEAT, BARLEY		✓			✓	✓			
Portobello Lettuce & Tomato Granary	✓			✓	✓		WHEAT, BARLEY		✓			✓				
Beef & Horseradish Granary				✓	✓		WHEAT, BARLEY					✓				

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Product	Suitable for		Contains these allergens													
	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacea n	Fish	Nuts
Chipotle Chicken Toastie				✓	✓		WHEAT, BARLEY, RYE, OAT		✓			✓				
Chicken, Avocado & Basil Toastie				✓	✓		WHEAT, BARLEY, RYE, OAT		✓			✓	✓			
Pizza Giardiniera (Vegan)	✓	✓					WHEAT		✓				✓			
Pizza Margherita	✓			✓			WHEAT									
Pizza Meat Feast				✓			WHEAT				✓					
Pizza Chipotle Chicken				✓			WHEAT					✓	✓			
Chipotle Chicken Hot Wrap			✓	✓			WHEAT, RYE					✓				
Classic Cheese Toastie	✓		✓	✓	✓		WHEAT, BARLEY, RYE, OAT		✓			✓				
Falafel & Halloumi Hot Wrap	✓		✓	✓			WHEAT, RYE									
Macaroni - Beef Bolognese				✓			WHEAT				✓					
Macaroni - Salmon & Dill				✓			WHEAT								✓	
Macaroni - Veggie Meatball	✓			✓			WHEAT				✓	✓				
Sausage Roll				✓	✓		WHEAT									
Tuna Melt Toastie			✓	✓	✓		WHEAT, BARLEY, RYE, OAT		✓			✓	✓		✓	
Omelette Mushroom and Spinach	✓			✓	✓				✓							
Omelette Feta & Red Pepper	✓			✓	✓											
Pret 's Porridge	✓	✓					OAT		✓							
Meatball Hot Wrap			✓	✓			WHEAT, RYE		✓			✓				
Spicy Chicken Toasted Baguette			✓	✓			WHEAT, RYE, BARLEY, OATS					✓				

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Soups		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Malaysian Chicken																✓	
Souper Tomato	✓	✓															
Carrot & Coriander				✓								✓					
Pumpkin & Corn Chowder				✓								✓					
Mushroom Risotto	✓			✓								✓					
Thai Red Curry Chicken Soup										✓		✓			✓	✓	
Japanese Corn Soup	✓			✓													
Soup Bread	✓	✓						WHEAT									

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Barista Prepared	Suitable for		Contains these allergens													
Product	Vegan	Vegetarian														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
<b>Coffee</b>																
Black Filter Coffee	✓	✓														
Cappuccino	✓			✓												
Flat White	✓			✓												
Latte	✓			✓												
Mocha	✓			✓												
Spanish Latte	✓			✓												
White Americano	✓			✓												
Coconut Flat White	✓	✓														
Coconut Latte	✓	✓														
Coconut Mocha	✓	✓														
<b>Tea</b>																
Ceylon Breakfast Tea	✓			✓												
Earl Grey Tea	✓			✓												
Fennel & Mint Tea	✓	✓														
<b>Flavoured Latte</b>																
Chai Latte	✓			✓												
Chai Latte with Rice-Coconut	✓	✓														
Chai Latte with Oat	✓	✓				✓										
Chai Latte (Soya)	✓	✓						✓								
Spanish Latte Oat	✓			✓		✓										
Spanish Latte Coconut	✓			✓												
Spanish Latte Soya	✓			✓				✓								
Matcha Latte with Oat	✓	✓				✓										
Matcha Latte with Rice-Coconut	✓	✓														
Matcha Latte (Soya)	✓	✓						✓								

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Barista Prepared	Suitable for		Contains these allergens													
	Vegan	Vegetarian	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
<b>Hot Chocolate</b>																
Hot Chocolate	✓			✓												
Hot Chocolate with Oat	✓						✓									
Hot Chocolate with Rice-Coconut	✓															
Hot Chocolate (Soye)	✓								✓							
<b>Syrups</b>																
Caramel Shot	✓	✓														
Vanilla Shot	✓	✓														
<b>Smoothies</b>																
Berry Blast	✓	✓														
Strawberry & Banana Smoothie	✓	✓														
Mango & Pineapple Fruit	✓	✓														
<b>Frappe</b>																
Chocolate Frappe	✓			✓												
Classic Frappe	✓			✓												
<b>Iced Drinks</b>																
Iced Black Americano	✓	✓														
Iced Coconut Latte	✓															
Iced Chai Latte	✓			✓												
Iced Mocha	✓			✓												
Iced Chocolate	✓			✓												
Iced White Americano	✓			✓												
Iced Latte	✓			✓												
<b>Tea</b>																
Brown Sugar	✓	✓														
Chimarron	✓	✓														

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Salads	Suitable for		Contains these allergens														
	Vegetarians	Vegans															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Avocado, Mozzarella & Roasted Peppers Salad Large	✓			✓								✓	✓				<b>PINENUTS</b>
Caesar Salad			✓	✓	✓		<b>WHEAT, RYE</b>		✓			✓	✓		✓		
Chef's Italian Chicken Salad Large				✓	✓		<b>WHEAT</b>		✓			✓	✓		✓		<b>PISTACHIO</b>
Chef's Italian Chicken Salad Small				✓	✓		<b>WHEAT</b>		✓			✓	✓		✓		<b>PISTACHIO</b>
Smoked Salmon Salad Large												✓	✓		✓		
Smoked Salmon Salad Small												✓	✓		✓		
Super Food Salad	✓	✓	✓						✓			✓	✓				<b>PISTACHIO</b>
Tuna Nicoise Salad Large					✓							✓	✓		✓		
Tuna Nicoise Salad Small					✓							✓	✓		✓		
Wild Crayfish & Avocado												✓	✓	✓			
Hanoi Beef Salad			✓						✓								
Roasted Eggplant & Quinoa Salad	✓		✓		✓				✓			✓					
Japanese Potato & Tuna Salad			✓		✓				✓			✓			✓		

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Salads		Suitable for														
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Chicken & Smashed Avo Pot			✓		✓		WHEAT		✓			✓				
Edamame Beans Pot	✓	✓							✓							
Salad - Salmon Protein Box					✓				✓			✓	✓		✓	
Coco-Nut Protein Ball	✓	✓							✓							COCONUT CASHEW
Egg & Avocado Protein Pot	✓				✓											
Quinoa & Crayfish Pot					✓							✓		✓		
Japanese Potato Salad Pot			✓		✓				✓			✓				
Espresso Mocha Protein Ball	✓	✓							✓							COCONUT CASHEW
Cherry Bites Protein Ball	✓	✓							✓							CASHEW ALMOND

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Sweet Treats		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
			Choc Bar	✓			✓			WHEAT		✓				
Chocolate Brownie Bar	✓			✓	✓		WHEAT		✓							
Chocolate Chunk Cookie	✓			✓			WHEAT									
Chocolate Muffin	✓			✓	✓		WHEAT		✓							ALMOND HAZELNUT PECAN, WALNUTS
Double Berry Muffin	✓			✓	✓		WHEAT									
Dark Chocolate and Almond Butter Cookie	✓	✓					WHEAT									ALMONDS
Fruit, Oat & Spelt Cookie	✓			✓			WHEAT, OAT									
Mince Pie	✓			✓	✓		WHEAT		✓							
Love Bar	✓			✓			OAT		✓							ALMOND, PISTACHIO
Popcorn bar	✓			✓					✓							

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Sweet Treats	Suitable for		Contains these allergens													
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Pret's Pecan and Caramel Cookie	✓			✗			WHEAT		✗							PECAN, ALMOND, HAZELNUT, MACADAMIA, CASHEW, PISTACHIO
Very Berry Vegan Croissant	✓	✓					WHEAT									
Ginger Bread Man Cookie	✓			✗	✗		WHEAT									
Ginger Snap Biscuit	✓			✗			WHEAT		✗							ALMOND, HAZELNUT, PECAN

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Wraps		Suitable for		Contains these allergens													
Product	Vegetarians	Vegans															
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts	
Avocado & Chipotle Chicken Flatbread				✓				WHEAT		✓			✓	✓			
Avocado & Herb Salad Wrap	✓		✓	✓	✓			WHEAT, RYE		✓			✓	✓			Pine Nuts
Humous & Chipotle Salad Wrap	✓		✓		✓			WHEAT, RYE					✓				
Falafel Flat Bread	✓	✓						WHEAT					✓	✓			
Mediterranean Tuna Flat Bread					✓			WHEAT		✓			✓	✓		✓	

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Coffee Products		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Coffee Classic Ground 200g	✓	✓														
Coffee Espresso Beans 200g	✓	✓														
Coffee Single Origin Ground 200g	✓	✓														

11th May 2022 v1

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Sandwiches		Suitable for		Contains these allergens												
Product	Vegetarians	Vegans														
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Nuts
Kids Cheese	✓			✗			WHEAT, BARLEY									
Kids Egg Mayo	✓				✗		WHEAT, BARLEY		✗			✗	✗			
Kids Tuna Mayo					✗		WHEAT, BARLEY		✗			✗	✗		✗	

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